



OUR BODIES OURSELVES

Banners Blazing summer 2025



Image: Our Bodies Ourelves at the Cambridge Arts River Festival, June 2025 Greg Cook / Cambridge Arts

A Note From Our Program Director

Dear Friends,

From Pride marches to No Kings protests, this summer has been a time to make our values publicly visible. We represent and resist, bringing a spectrum of feelings to the streets: defiance, anger, and resolve, along with playfulness, merriment, and joy.

One of summer's proud, joyful moments for me was walking alongside the fiery orange "Our Bodies Ourelves" banner in the annual River Festival parade, organized by the City of Cambridge. We processed along Memorial Drive in solidarity with local LGBTQ+ activists, climate crisis activists, Disability Pride activists -- and (for a splash of fun) **mermaids**. Cambridge, Massachusetts, is of course where our Collective hosted the first "Women and Their Bodies" course, which led to the first Our Bodies Ourelves booklet. For a long while, OBOS had its offices near Porter Square. Many people in the OBOS community today still live and work in Cambridge.

You may recognize that gorgeous, bright banner; you may even have carried it yourself. It has blazed forth in public demonstrations of many sorts, for decades. One of the long rulers attached to the side had snapped during the banner's last outing, but a quick repair brought it back into commission, and it's ready for the next occasion.

So are we.

Onward,

Laura R. Prieto (she/her/ella)
Our Bodies Ourelves Program Director



[Support Our Bodies Ourelves!](#)

Explore Our Website: New Resources

We are always adding new resources to our website, reviewed by our content experts and put into context by the editorial team at Our Bodies Ourelves.

Here are some of the resources we've published recently:



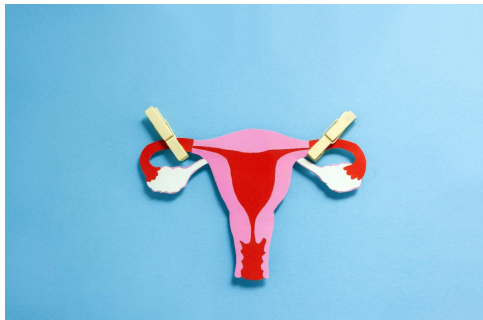
In a nation with growing maternal mortality and poor maternal health outcomes, a **community-based midwifery model of care can save lives**. **Nashira Baril, founder of Neighborhood Birth Center** in Boston, discusses how midwives shaped her personal birth experience and the benefits of birth centers.

[□ Watch the video](#)



In this article, **sociologist Hannah Tessler addresses the challenges that asexual and aromantic people face** -- especially in a society that prioritizes heterosexual marriage. In understanding and respecting asexuality and aromanticism, we better recognize the important role that other types of relationships can play in our lives.

[□ Read the article](#)



The decision whether to get our tubes tied must be an informed one that recognizes our agency and bodily autonomy. **How do the risks and benefits of tubal ligation compare with those of other methods of birth control?** Another important context is the history of forced and coerced sterilization of women of color, women with low incomes, women who are incarcerated, and women with disabilities.

[□ Read the article](#)



Our Bodies Ourselves menstrual cycle context experts Sasha Goodfriend and Sarah Pillone, interview **Dr. Shruthi Mahalingaiah about her research at the intersection of environmental and reproductive health**. Dr. Mahalingaiah emphasizes the need for personal awareness and advocacy, encouraging people to track their menstrual health as a vital sign and learn what is normal for their personal cycle.

[□ Watch the video](#)



Spotlight: Susan Sered's Posts from Cancer Land

On June 13, 2025, "Our Bodies, Ourselves" contributor Susan Sered published a very personal post on her blog. "Beginnings and Endings" revealed her diagnosis with aggressive endometrial cancer on the eve of her 70th birthday. "This is the first in a series of posts in which I plan to share and hope to make real-time sense of my current experiences with endometrial cancer," she said in the opening line. [□ Read the series](#)

Celebrating our Summer Interns

This summer, Our Bodies Ourselves had the great pleasure of working with five amazing interns from Suffolk University, Brandeis University, Simmons University, and Amherst College. Among their many contributions, they conducted policy research and analysis, connected us with other nonprofits, worked on oral histories, developed programs, and prepared new multimedia content for our website.



Image (clockwise from left):
Grace Toscano, Neema Kitonga, Grace Koch, Inés I.,
Tapti Sen, Brynn Buckley, Laura Prieto.

We were especially proud to be a community partner in the first year of [Brandeis University's ENACT Corps Summer Internship Program](#), funded by the Louis D. Brandeis Legacy Fund for Social Justice. Here's what our two ENACT interns wrote, reflecting on their experience:

Neema Kitonga: One key lesson I've learned while working at OBOS this summer is that the fight for equality is ongoing. Researching injustices faced by marginalized groups, including women, has deepened my understanding of the urgent need for advocacy and increased representation of women in government to protect and advance our rights.

Grace Toscano: "During my time at OBOS, I saw how powerful and resilient advocates can be in continuing critical work despite a daunting political climate. I'm grateful to have been part of OBOS, even for a short time, and to witness the inclusive, driven community and the broader network of activists and organizations pushing for change."

Our Bodies Ourselves News

Thank you to all of our wonderful donors!

We're grateful to everyone who donated to Our Bodies Ourselves over the past year! Thanks to your generous support, we met the LaureL Foundation's matching challenge for the second year in a row.



Image: Nadeeka Karunaratne, Grace Koch, Paula Doress-Worters, Hannah Doress, Jaclyn Friedman, and Carol Queen at the Our Bodies Ourselves Bay Area fundraiser, May 2025

In the Media

Our Bodies Ourselves executive director [Amy Agigian interviewed with the PeriTales podcast](#) about the women's health movement, its relationship to the "menopause moment," and why health care access for women and gender-expansive cannot be divorced from politics.

Our Bodies Ourselves co-founder Judy Norsigian shared her [advice for today's activists](#) in journalist Naomi Darom's newsletter, "The Gender Nerd."

UPCOMING EVENTS

Sept. 18 (6:30–8pm EST) Next Chapters Podcast Launch Celebration! hybrid event

Join Our Bodies Ourselves on Thursday, September 18th, as we celebrate the launch of our new podcast! "Next Chapters" explores the remarkable landscape of growing older for women.

Next Chapters is packed with rich conversations about topics we rarely talk about openly, like sexuality, our bodies as we age, navigating work and retirement, and dealing with obstacles to quality health care.

At the event, host and co-producer Mindy Fried (chair of the Growing Older panel) will provide a sneak peek into her inspiration for the podcast. An exciting Q&A will follow, featuring some of the amazing guests from the show, such as Our Bodies Ourselves co-founders [Vilunya Diskin](#) and [Joan Ditzion](#).

□ [Find out more and register here](#)

Saturday, Dec. 6 (9am–9pm EST) Massachusetts Menstrual Equity Summit Suffolk University, Boston MA

Our Bodies Ourselves and the Massachusetts Menstrual Equity Coalition are co-hosting the next Massachusetts Menstrual Equity Summit at the 2025 Mass NOW State Conference. This year's summit theme is *Myth-Busting Menstruation: From Stigma to Systems Change*. The morning program will include a panel on menstruation through menopause and a keynote, open to all. Attend to hear from activists about the movement to end period poverty statewide and to take action for menstrual equity!

□ [Find out more and register here](#)

Organizing for Change

Our Bodies Ourselves recently signed [An Open Letter Rejecting Presidential Attacks on Nonprofit Organizations](#). We've also joined the [campaign for the Women's Health Protection Act](#), federal legislation that advances equality, autonomy, and dignity for all people, protecting the right to access abortion care throughout the United States.

Would you like to join our advocacy work, help with events, or contribute to our other projects? Do you have expertise to share as we curate content for the website? Please fill out our new [Volunteer Interest Form](#)!



Image: Our Bodies Ourselves at the Cambridge Arts River Festival, June 2025 Greg Cook / Cambridge Arts

Please share this newsletter with a friend!

*Your accurate and inclusive
guide to health, sexuality, and
reproductive justice*



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